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(54) **AUTOMATED WELLNESS SYSTEM MANAGING PERSONALIZED FITNESS PROGRAMS**

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(57)   **ABSTRACT**

A method for providing personalized wellness programs can include the step of receiving participant metrics, the metrics including data elements indicative of a plurality of mental and physical attributes relating to wellness of an associated participant. Numerical weights can be assigned to selective ones of these metrics. A wellness program can be algorithmically determined based at least in part upon the assigned weights. The wellness program can include multiple stages. A first one of these stages can be presented to the participant. The participants performance of the first stage of the program can be automatically evaluated using a data-driven approach. The performance evaluation can be based at least in part upon the participant metrics. A second one of the stages can be presented when the evaluated performance indicates a successful completion of the first stage.

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